

## **Questions about sports, training location and numbers of people**

### **Does the trainer belong to the group of maximum 10 persons?**

Training and exercise units may be carried out in groups of a maximum of 10 persons. This can be implemented, for example, by one coach trains up to 9 athletes; up to 10 athletes training together.

### **What are the guidelines for dancing?**

In relation to the dance sport, the above-mentioned requirement is to be understood in such a way that two persons form a dance couple and the dance couple must have a training and practice area of 25 square meters at their disposal. The training personnel requires 10 square meters of space as a single person, and 25 square meters of dance floor for demonstration demonstrations as a couple. Dance couples can be spouses, life partners or partners who dance with each other on a long-term or permanent basis.

### **When can the school sports facilities and sports grounds be used by extracurricular groups and individuals?**

Use of school sports facilities and sports grounds outside schools is permitted from 14 June 2020, provided that the requirements of the CoronaVO Sports Facilities Regulations, as amended, are complied with.

### **What is the aim of the Corona Ordinance on sports facilities?**

With the Corona Ordinance on sports facilities, we want to enable citizens to play more sports again. However, this must be regulated in terms of infection protection and must be subject to conditions. For this reason, it is necessary, for example, for the operators/municipalities/users to appoint a responsible person at the responsible bodies and to keep lists of participants so that the chains of infection can be traced in the event of an infection. This means in reverse: If it is not possible to identify the contact person, for example, if no responsible person is available or no participant list is available, the regulation of public space in accordance with the specifications in § 3 of the Corona Ordinance also applies to the open-air sports facilities and sports sites accessible to the public.

**What hygiene and distance rules must be observed and adhered to when climbing artificial climbing walls?**

Before and after climbing, hands should be washed with sufficient soap or disinfected with a hand disinfectant. When climbing, Liquid Chalk should be used in addition to Chalk. This has a disinfecting effect. The climbing holds themselves are not to be cleaned or disinfected. It is recommended to keep a minimum distance of 2 meters.

**Is it allowed to play a game of double tennis?**

Due to the positive development of the infection, it is now possible to play doubles in tennis.

**How should the cleaning and disinfection of used sports and training equipment be done?**

Cleaning can be done with a suitable cleaning product. The use of disinfectants is not necessary.

**Are bowling and skittle alleys part of sports facilities?**

Bowling and skittle alleys that are operated as sports facilities are covered by the Corona Ordinance on Sports Facilities.

**Are several groups allowed to train at the same time in three-field sports halls?**

In each third of the hall, a maximum of 10 people are allowed, depending on the size. Each person must have at least 40 square metres of space available. The individual thirds of the hall must be separated by a dividing curtain, markings or in some other way.

**What are the guidelines for mother-child gymnastics?**

In mother-child gymnastics mother/father and child are considered as one person.

**Are high-intensity endurance exercises allowed?**

According to the Corona Regulation, high-intensity endurance endurance training is prohibited in closed rooms. High-intensity endurance exercise includes sports activities in the anaerobic threshold range and above. This applies in particular to (equipment-assisted) fitness training.

### **What about training and exercise units with space paths and the associated requirement of 40 square meters per person?**

The target of 40 square meters of training space per person applies to all training and exercise units with space paths. The decisive factor here is that the exercise is not performed stationary, for example on fixed equipment or on personal mats, but is associated with movement in space, i.e. a change of location. This rule does not apply to distances in the gym, for example, when moving from one machine to another. In this case, the trainee must ensure that they maintain a distance of at least 1.5 metres between themselves and the fitness studio staff.

### **What about training and exercise units without space paths and, in this context, the placement of the weight training equipment in the designated area of ten square meters?**

The stationary strength training equipment must be placed in a ten square meter area. More than one piece of equipment can be placed in this area. However, it is imperative that only one person is in the 10 square meter training area for training. When changing equipment, the minimum distance of 1.5 meters must also be observed here.

### **How can a circuit training be carried out?**

In circuit training, the stations are considered to be single units. Therefore, an area of 10 square meters is to be provided for each station. When changing stations, the minimum distance of 1.5 metres must also be observed by the trainee. We recommend marking the required areas with floor markings as far as possible.

### **What about personal mats and training equipment during training and practice?**

The training mat or the training utensils are either in the personal possession of the trainee or they are provided by an appropriate supplier for personal use for the duration of the training session. The training mat or training utensils must not be changed during the training session. After completion of the training session, they must be cleaned accordingly.